



# Corradino & Papa, LLC

*A Personal Injury Law Firm*

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## page 2

Corradino and Papa, llc supports the Passaic County Sherriff Department.

Seasonal surge in motorcycling

## page 3

Help your dog fight spring allergies

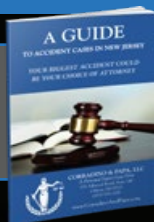
March 2019 – mark your calendars

## page 4

Walnut-rosemary crusted salmon



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## CORRADINO AND PAPA, LLC SUPPORTS THE PASSAIC COUNTY SHERRIFF DEPARTMENT.



Sheriff Richard H. Berdnik,  
Robert C. Papa, Jack V.  
Corradino, Carlos A. Gill



Robert C. Papa,  
Sheriff Richard H. Berdnik,  
Jack V. Corradino

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CORRADINO AND PAPA, LLC

# supports the Passaic County Sheriff Department

The men and woman of the Sheriff's Office work around the clock, everyday, to protect the residents of Passaic County.

They are responsible for various law enforcement functions throughout Passaic County.

The Sheriff's Department initiated numerous community-based programs available to all the citizens of Passaic County and these programs have been designed to improve both the services they provide and the relationships they share with the community.

Corradino & Papa, LLC are honored to offer their service to help the men and women of the Passaic County Sheriff's Department. ■

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## seasonal surge IN MOTORCYCLING

Across much of the country, the arrival of spring is accompanied by a surge in the number of motorcyclists on the roadways. Motorcycling can be a joy, but the stakes are much higher than driving a car.

According to the National Safety Council, motorcycles comprise just 3 percent of registered vehicles on the roadways, but riders account for 14 percent of all traffic fatalities. Motorcycles are less visible than autos, less stable (only two wheels in contact with the road), more vulnerable to hazardous road conditions, and riders are less protected.

However, motorcyclists can diminish the risks. It starts with always wearing a safety helmet. In many states, it's the law. The National Highway Traffic Safety Administration states that the simple act of wearing a helmet reduces the risk of fatality by 37 percent and serious injury by 67 percent.

Visibility is crucial. Riders should wear bright/fluorescent clothing and always drive with their headlights on. Headlight modulators are excellent attention grabbers, too. Motorcyclists should avoid other drivers' blind spots, and when passing a vehicle, they shouldn't dillydally.

Awareness of road conditions is a must. In the spring, roads might not yet be cleared of winter debris, such as sand, cinders, gravel, etc. They're also more susceptible to potholes and cracks resulting from winter's wrath. Potholes may lurk beneath innocent-looking water puddles.

Left-hand turns at intersections can be problematic for motorcyclists—again, visibility is a major issue. In addition, motorists often tend to misjudge the speed of an approaching motorcycle.

If you have been injured while motorcycling due to another driver's negligence, contact a motorcycle accident attorney to protect your rights. ■



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# HELP YOUR DOG fight spring allergies

Humans aren't the only ones tormented by spring allergies. Approximately 10 percent of dogs share in the misery as well.

Springtime environmental allergens include airborne pollen—from grasses, trees, and weeds—along with mold spores. When canine and human immune systems overreact to them, irritation ensues.

People with spring allergies generally contend with a runny nose, sneezing, coughing, and itchy, watery eyes. However, itchy skin is a dog's number-one nemesis. Excessive scratching, licking, and chewing can lead to bacterial infections, oozing sores, and hair loss.

But owners can ease their pets' discomfort. For instance, avoid walking your dog between 5 a.m. and 10 a.m., when pollen counts are highest. When your dog's been outside, remove the pollen from their body and paws with a moist cloth or hypoallergenic wipe before they reenter the house. (Dust off your own clothes, too.)

Change the air filters in your home regularly to keep pollen at bay. Run a dehumidifier to cut back on the moisture that molds thrive on. Steer your dog clear of damp environments, such as the basement, laundry room, etc.

Additional vacuuming should be on the spring agenda. Wash your dog's favorite soft toys and food and water bowls more frequently, too. Bathe your dog more often in the springtime with a veterinarian-recommended anti-itch shampoo.

Dietary supplements may help as well. Omega-3 fatty acids and coconut oil can improve your dog's skin health and suppress allergic reactions (but consult your veterinarian first!).

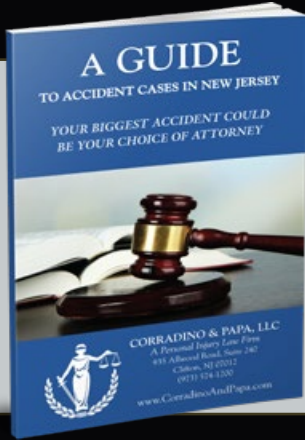
Sometimes you'll need the heavy artillery only your vet can provide. Treatment options include prescription medications, sprays, and shampoos, as well as immunotherapy (allergy shots). ■



## March 2019 – Mark Your Calendars

March 1 – National Peanut Butter Lover's Day    March 3 – Soup It Forward Day    March 8 – National Proofreading Day    March 10 – National Mario Day  
March 14 – National Write Down Your Story Day    March 16 – National Panda Day    March 21 – National Common Courtesy Day    March 30 – National Pencil Day

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## FREE BOOK

Get Jack Corradino and Robert Papa's *New Ultimate Guide to Accident Cases in NJ*, written by Jack and RC. It will explain "Why your biggest accident could be your choice of attorney", and what to do in the event you are injured.

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Truck Accidents  
Auto Accident  
Slip and Falls  
Dog Bite  
Premises Liability  
Work Accidents  
Workers' Compensation  
Medical Malpractice  
Construction Accidents  
Motor Vehicle Accidents  
Product Liability  
Wrongful Death  
PIP Arbitration**

**Quote of the Month:** "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." —Mark Twain

This publication is intended to educate the general public about personal injury, medical malpractice, and other issues. It is for information purposes only and is not intended to be legal advice. Prior to acting on any information contained here, you should seek and retain competent counsel. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

# walnut-rosemary crusted salmon

This recipe is a fantastic source of omega-3 fatty acids, with only 222 calories and 4 grams of carbs per 3 oz. serving.

## Ingredients

- 2 tsp. Dijon mustard
- 1 clove of garlic, minced
- ¼ tsp. lemon zest
- 1 tsp. lemon juice
- 1 tsp. chopped fresh rosemary
- ½ tsp. honey
- ½ tsp. kosher salt
- ¼ tsp. crushed red pepper
- 3 Tbsp. panko breadcrumbs
- 3 Tbsp. finely chopped walnuts
- 1 tsp. extra-virgin olive oil
- 1 pound of skinless salmon filet (fresh or frozen)
- olive oil cooking spray

## Preparation

- Preheat oven to 425 degrees. Line a large baking sheet with parchment paper.
- Combine mustard, garlic, lemon zest, lemon juice, rosemary, honey, salt, and crushed red pepper in a small bowl. In a separate small bowl, combine panko, walnuts, and oil.
- Place salmon on the baking sheet. Spread the mustard mixture over the fish and sprinkle with the panko mixture. Press it in a bit to make it stick. Lightly coat with cooking spray.
- Bake fish until it flakes easily with a fork, usually 8-12 minutes, depending on the thickness of the fish. ■

